

E - Vade Mecum

1. Something a person carries about for frequent or regular use.
2. A book for ready reference; manual; handbook.
[1620-30; < vade mecum lit., go with me]

The ASRA is committed to advancing the court reporting profession by promoting court reporters as experts in the field of verbatim shorthand reporting; by providing continuing education to its members; and by advocating quality service, high ethical standards, and state-of-the art technology.



Certified CPPs – November 2005
(Certified CART Provider)

Janice Plomp, RMR, CRR, CCP, St. Albert, AB

Certified CRRs – November 2005
(Certified Real Time Reporter)

Michelle Fradette, RPR, CRR, Edmonton, AB

Certified RPRs - November 2005
(Registered Professional Reporter)

Jackie Love, RPR, Edmonton, AB



(Should you pass any of these NCRA exams – and acquire some more letters behind your name – please let us know. It's a tough road studying & speedbuilding so some congrats are in order!)

Notice to NAIT Graduates:

You must apply for full Certified Shorthand Reporter status within the ASRA after you have finished the NAIT program and have been working for six months. Also required is a letter of recommendation from your employer.



August 3 - 6

Annual Convention and Exposition –
New York City, New York



TESTIMONY

Q I guess I'm just trying to get a sense of how far you were from your foot which was stuck in the curb.

A Okay.

MR. LOL:

She was attached to it.



Classified Ads

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The contest runs from March 28, 2005 to March 31, 2006.

¹The home and auto insurance program is underwritten by Primum Insurance Company.

²Group auto insurance rates are not applicable in Newfoundland. Group motorcycle insurance rates are not available in Ontario, New Brunswick and Newfoundland. Due to provincial legislation, our auto insurance program is not available in British Columbia, Saskatchewan or Manitoba. TD Insurance Home and Auto is a trademark used under license by Primum Insurance Company. Direct service. Direct savings. is a trademark of Meloche Monnex Inc. used under license by Primum Insurance Company, TD General Insurance Company and TD Home and Auto Insurance Company.

³No purchase necessary. The contest is open to residents of Canada who have reached the age of majority where they reside. Participation in this contest is subject to certain conditions and limitations. The draws will be held on April 21, 2006. In order to win, each entrant, selected at random, must correctly answer a mathematical skill-testing question. For more details on the contest rules and on our company, visit tdili.com/asra.



SPRING SEMINAR

April 1, 2006

North Hill Inn

Red Deer, AB ...

IS THIS A JOKE?

Maybe you better come to find out!



SPRING SEMINAR FILL-IN-THE-BLANKS:

You know it's going to be a bad writing day when:

10. _____
9. _____
8. _____
7. _____
6. _____
5. _____
4. _____
3. _____
2. _____
1. _____

You know you're a Court Reporter in _____
when: _____

You know you're a CART Provider when:

You know you're a Closed Captioner when:

We want your ideas! As many as you can come up with is great! Sheets will be provided at the Spring Seminar and contributions will be in the next newsletter.

EXAMPLE:

You know it's going to be a bad writing day when

10. You realize at the beginning of the day that your ink cartridge is running dry, but it's okay, you're prepared, you have a spare!

9. Upon boot-up of your computer, the dreaded blue screen of death makes a brief appearance but then everything seems to start fine. It's okay.

8. As you sit down in the chair provided by the kindly office staff, you realize the reason they found it in the closet is the back is broken and the seat cushion has definitely lost its "cush." Okay then.

7. When the parties arrive, everybody has a different skin colour than your own and they all seem to be wearing outlandish costumes. Oh-kay.

6. Your first witness has no vowels in either his first or last name. Oh-oh.

5. Although everybody else in the room understands what is said, you need to constantly interrupt because they all seem to be speaking in an entirely different language than your own. Oh-no.

4. Approximately an hour into the proceedings, you realize that the witness has not been saying "call" him but "kill" him. Oops.

3. Counsel now decides that they can catch an earlier flight so lunch will not be necessary. Oh-No!

2. At 1:15 p.m., your computer shuts off completely with no warning while the witness is in the midst of a crucial and delicate moment of utmost importance. A readback is then requested of the witness's crucial and delicate moment of utmost importance and, although you can barely read your notes because you haven't had time to replace your ink cartridge, you pull it off! Okay!

1. At 2 p.m., transcripts are ordered. Oh *!

plugging and unplugging all the cables. Those COM ports and printer ports have a tendency to wallow out and break over time.

- Keep informed on the latest grooming techniques. Log on to www.Nortonweb.com and use their free service to keep your drivers and programs updated. Did I mention it's free?
- Buy an extra saddle. If you don't have a spare power cord for your notebook, spend the hundred bucks and put it in your computer case. How many of us have forgotten the power cord away from home? Raise your hand. Don't be bashful.
- Give regular colonics. Backup is painful. But not as painful as running hard on a full disk.
- Re-shoe when necessary. If you back up regularly, sometimes it actually helps to re-format everything and start from scratch. Too often I waste a lot of time trying to save the old mare and end up having to do what I should have done before I put her down.
- Inoculate. Please. Don't be the one who has to inform your neighbors that you don't have a virus scanner and you just gave them tetanus.

About the Author:

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NEW BRUNSWICK STRIKE ON HOLD

A strike by 65 court reporters in New Brunswick is on hold after the Canadian Union of Public Employees agreed to negotiate with the government. The union is demanding a 14.5 percent pay raise over the next four years, while the province is offering 8 percent. Justice Minister Brad Green says that 70 percent of the court reporters are considered essential and would have to remain on the job.

The Canadian Press reported this on September 30, 2005.



ITS/IT'S



The exception to the general rule that one should use an apostrophe to indicate possession is in possessive pronouns. Some of them are not a problem. "Mine" has no misleading "s" at the end to invite an apostrophe. And few people are tempted to write "hi's," though the equally erroneous "her's" is fairly common, as are "our's" and "their's"—all wrong, wrong, wrong. The problem with avoiding "it's" as a possessive is that this spelling is perfectly correct as a contraction meaning "it is." Just remember two points and you'll never make this mistake again: (1) "it's" always means "it is" or "it has" and nothing else; (2) Try changing the "its" in your sentence to "his" and if it doesn't make sense, then go with "it's."

For lots of other helpful English writing tips, go to: <http://www.wsu.edu/~brians/errors/errors.html#a>

WEB SITES:

(Thanks to the BC Shorthand Reporters Ass'n)

Surgical/medical/new terms glossary:
<http://www.mtdesk.com/swg.shtml>

Drug search:
<http://rxlist.com/>

American versus English spellings:
<http://www.xpdnc.com/moreinfor/orlabour.html>

Dictionaries and glossaries of specialized words in the English language:
<http://www.yourdictionary.com/diction4.html>

How to adjust the Mira writer:
<http://www.depoman.com/blog/2004/10/mira-mira-realizing-new-mira-costs.html>



Q. When I want to send an email to someone out of my Outlook Express address book, I have to copy and paste it into the "To:" field. Is there an easier way to get addresses into that field? Thanks, Mr. M.

A. When you want to address a new email in Outlook Express, if you look closely at the "New Message" window, the word "To:" to the left of the address field is actually a button that you can click. Who knew? When you click the "To:" button, you'll see the contents of your address book in the "Select Recipients" dialog box. Simply double-click a name and it will pop into the "To:" field, or you can click once on a name, then click the "To:" or "CC:" or "BCC:" button on the right.

You can also configure OE to automatically complete email addresses when composing a new message. Using this feature, when you type the first few letters into the To: field, OE will display a list of matches. To enable this feature (or disable it, if you find it annoying), click Tools > Options > Send tab, and place (or remove) the check mark beside "Automatically complete email addresses when composing." While you're at it, you might want to review the other Send options to determine if any of them might be of interest. For more information about each option, click the question mark (?) in the upper right-hand corner, then click again on the item of interest.

Q. I've been using CDs to back up data, which has been working well until now. When it came time to use one of the CDs to restore some data, the CD had warped and now it won't play. Is there a recommended method for flattening a CD?

A. Of the tens of thousands of questions received through the years, I've never had one about a warped CD, so congratulations! I had to turn to a couple of CD manufacturers to ferret out the correct answer to your question. The first manufacturer replied by explaining how warping can destroy CDs and how important it was not to let them warp, but never provided an answer to the specific question. Thanks for nothing.

The second manufacturer cautioned that any "tech-

nique" applied to a disk runs the risk of ruining it, but when all else fails, try soaking a warped CD in hot (not boiling) water. Soaking will not hurt any saved data, but will soften up the thin plastic cover layer. Soak it for two or three minutes, then dry it with a soft, lint-free cloth, place it on a flat, solid, non-abrasive surface (such as a piece of glass or smooth tabletop), and place several heavy books on it. Let it remain under pressure, cooling overnight, then try the CD in the morning. It should be good as new.

Mr. Modem's DME (Don't Miss 'Em) Sites of the Month - March 2006

www.MrModem.com

Behind the Name

Learn the history behind thousands of first names. Search the diverse database of English, German, Spanish, Arabic, Mythological, Biblical, and African names. You'll find a vast amount of information on related topics, such as instructions how to change your name, the correct pronunciation of your name in foreign languages, even a list of the Most Popular names in the world. I haven't located "Mr. Modem" yet, but it's probably included in the Biblical-names section.

www.behindthename.com

DisAbility Spin

A tip of the Mr. Modem fedora to the University of Missouri-Columbia for creating a site designed to make life easier for wheelchair users and individuals with other disabilities. Through the use of high-tech maps, visitors to DisAbility Spin can determine if a restaurant has wheelchair-accessible bathrooms or if there's any construction in front that might make access difficult. The site's primary focus is Missouri at this time, but watch for something this beneficial to spread nationwide.

www.dspin.org

The Oxymoron List

The biggest little list of awfully good oxymorons. And the Number 1 oxymoron? That's right, it's "Microsoft Works."

www.oxymoronlist.com/

For personal answers to your questions by email, plus easy-to-understand computer tips, tricks and great Web sites delivered to you each week, subscribe to Mr. Modem's newsletter. For more information, visit www.MrModem.com.

****KEEP THIS ON YOUR REFRIGERATOR ****

SOME INTERESTING IDEAS:

Did You Know That? Drinking two glasses of **Gatorade** can relieve headache pain almost immediately -- without the unpleasant side effects caused by traditional "pain relievers."

Did you know that **Colgate** toothpaste makes an excellent salve for burns.

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong **Altoids** peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer . Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. **Alka-Seltzer** begins eliminating urinary tract infections almost instantly -- even though the product has never been advertised for this use. **(Note: Alka-Seltzer Plus Cold Medicine is not the same..and contains aspirin, which can cause stomach bleeding if you have ulcers.)**

Honey remedy for skin blemishes... Cover the blemish with a dab of honey and place a **Band-Aid** over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus... Get rid of unsightly toenail fungus by soaking your toes in **Listerine** mouthwash. The pow-

erful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of **Maybelline Crystal Clear** nail polish to the threads of the screws before tightening them.

Coca-Cola cure for rust. Forget those expensive rust removers. Just saturate an abrasive sponge with **Coca Cola** and scrub the rust stain. The phosphoric acid in the coke is what gets the job done.

Cleaning liquid that doubles as bug killer... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of **Formula 409**. Insects drop to the ground instantly.

Smart splinter remover...just pour a drop of **Elmer's Glue-All** over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt's tomato paste boil cure... Cover the boil with **Hunt's** tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters...To disinfect a broken blister, dab on a few drops of **Listerine** ... a powerful antiseptic.

Heinz vinegar to heal bruises... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Kills fleas instantly. **Dawn** dishwashing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Goodbye fleas.

Rainy day cure for dog odour... Next time your dog comes in from the rain, simply wipe down the

animal with **Bounce** or any dryer sheet, instantly making your dog smell springtime fresh and reducing static cling!

Eliminate ear mites... All it takes is a few drops of **Wesson** oil in your cat's ear. Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Quaker Oats for fast pain relief....It's not for breakfast anymore! Mix 2 cups of **Quaker Oats** and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

Thanks to Sandra German for these helpful tips.

A few words on new purchases by Dave Barry, "Read This First!"
(Thanks to the New Mexico Court Reporters Association Newsletter for this one.)
Congratulations! You have purchased an extremely fine device that would give you thousands of years of trouble-free service, except that you undoubtedly will destroy it via some typical bonehead consumer maneuver. Which is why we ask you to PLEASE FOR [HEAVEN]'S SAKE READ THIS OWNER'S MANUAL CAREFULLY BEFORE YOU UNPACK THE DEVICE. YOU ALREADY UNPACKED IT, DIDN'T YOU? YOU UNPACKED IT AND PLUGGED IT IN AND TURNED IT ON AND FIDDLED WITH THE KNOBS, AND NOW YOUR CHILD, THE SAME CHILD WHO ONCE SHOVED A POLISH SAUSAGE INTO YOUR VIDEOCASSETTE RECORDER AND SET IT ON "FAST FORWARD" – THIS CHILD ALSO IS FIDDLING WITH THE KNOBS, RIGHT? AND YOU'RE JUST NOW STARTING TO READ THE INSTRUCTIONS, RIGHT??? WE MIGHT AS WELL JUST BREAK THESE DEVICES RIGHT AT THE FACTORY BEFORE WE SHIP THEM OUT, YOU KNOW THAT?

Zen for those who take life too seriously



Save the whales. Collect the whole set.
A day without sunshine is like, night.
On the other hand, you have different fingers.
I just got lost in thought. It wasn't familiar territory.
42.7 percent of all statistics are made up on the spot.
99 percent of lawyers give the rest a bad name.
I feel like I'm diagonally parked in a parallel universe.
Honk if you love peace and quiet.
Remember, half the people you know are below average.
He who laughs last thinks slowest.
I drive way too fast to worry about cholesterol.
Support bacteria. They're the only culture some people have.
A clear conscience is usually the sign of a bad memory.
Change is inevitable, except from vending machines.
Get a new car for your spouse. It'll be a great trade!
Plan to be spontaneous tomorrow.
If you think nobody cares, try missing a couple of payments.
How many of you believe in psychokinesis? Raise my hand.
OK, so what's the speed of dark?
How do you tell when you're out of invisible ink?
If everything seems to be going well, you have obviously overlooked something.
When everything is coming your way, you're in the wrong lane.
Hard work pays off in the future. Laziness pays off now.
Everyone has a photographic memory. Some just don't have film.
If Barbie is so popular, why do you have to buy her friends?
How much deeper would the ocean be without sponges?
Eagles may soar, but weasels don't get sucked into jet engines.
What happens if you get scared half to death twice?
I used to have an open mind but my brains kept falling out.
I couldn't repair your brakes, so I made your horn louder.
Why do psychics have to ask you for your name?
Inside every older person is a younger person wondering what happened.
Just remember - if the world didn't suck, we would all fall off.
Light travels faster than sound, which is why some people appear bright until you hear them speak.